

## Thriving with Diabetes Virtual Group Class



Are you newly diagnosed with diabetes and wanting to learn more?  
Are you struggling to manage or cope with diabetes?  
Have you been managing diabetes for years and just looking for a refresher?

You are not alone!

Consider joining Avance Care's Thriving with Diabetes virtual group classes.

### Details

- 5 weekly classes + 3 month follow-up
- Interactive, virtual class setting using Zoom
- Note: Participants are expected to be on camera during class sessions
- View class descriptions on the next page!

### How do I sign up?

Speak with your healthcare provider, dietitian or call 919-237-1337, option 4, for more information and to register for the next available class.

#### Class Dates (5:30 PM – 7:00 PM)

January 17 – February 14 (Tuesday)  
March 7 – April 4 (Tuesday)  
April 18 – May 16 (Tuesday)  
June 1 – June 29 (Thursday)  
August 3 – August 31 (Thursday)  
September 19 – October 17 (Tuesday)  
October 12 - November 9 (Thursday)

#### 3-month Follow Up on

May 9, 2023  
July 11, 2023  
August 15, 2023  
September 28, 2023  
November 30, 2023  
January 16, 2024  
February 8, 2024

### Class #1: Diabetes 101 and Introduction to Nutrition

This class will give an overview of diabetes and the steps you can take to manage your diabetes today and for years to come. Understanding this information helps to understand where the recommendations come from. There will be chances to explore your feelings upon diagnosis, myths and facts about diabetes, and receive goal setting guidance. We will start talking about the basic nutrition principles for diabetes. Our overview will begin with carbohydrates and fiber.

### Class #2: Know Your Numbers and Preventing Diabetes Complications

This class will discuss how to understand the labs and tests used to track blood sugar, blood pressure and cholesterol levels. We will discuss tips for checking your blood sugar, and how food, stress, and physical activity affect your blood sugar readings. This class offers a review of diabetes complications and steps to prevent them. We will review the role of protein and fats and take a deeper dive into meal planning for diabetes.

### Class #3: Managing Your Medications

Have you ever wondered: Can I get off diabetes medication? Or can I manage diabetes with just diet and lifestyle? If these thoughts have crossed your mind, you are not alone! There is often fear and resistance surrounding medications when it comes to diabetes. We will have a guest speaker, a pharmacist working with Avance Care, who will discuss the different types of diabetes medications, potential side effects, and benefits for your diabetes and lifestyle. Be sure to bring your questions!

### Class #4: Diabetes Distress and Healthy Coping

Is stress causing your high blood sugar or is high blood sugar causing you stress? Maybe, it is both! In this class, an Avance Care Behavioral Health therapist will talk about how stress affects your health and diabetes. You will learn to name sources of stress and build the skills to cope with it effectively. This class will also explore the signs of diabetes distress, and how mindset shifts can empower you to manage diabetes. To connect stress to eating habits, we will review tips to combat sugar and carbohydrate cravings as we review the different types of sugars in our food supply.

### Class # 5: Being Active and Problem Solving

Time to get moving! Physical activity has huge benefits for lowering blood sugar. However, we know it can be intimidating to start or to even keep a routine once you have it. This class will teach you how to safely engage in exercise with diabetes and brainstorm strategies to incorporate it into a busy schedule. This final class session also includes a review of the steps for problem solving.

**Costs:** Insurance plans may cover this program depending on your benefits. Our Specialty Services Coordinators can provide insight on coverage and alert you of any co-pays or fees, if applicable.

**Self-Pay Fees:** Per class: \$40.00, Per series (includes 3 month follow up): \$240.00